

10
White. 1642.

A New Almanacke and
Prognostication, for the
yeere of our Lord God,

1642.

Being the second after the *Bissextile*,
or Leape-yeare.

Calculated for the Meridian of
the most Honourable Citie of
LONDON, and will serve ge-
nerally for the Monarchy of
Great BRITAIN.

By JOHN WHITE, Wel-
willer to the Mathemat.

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The common Notes and moveable Feasts

For this Yeere



For the next.

1642

1643

9	The golden number	10
27	The Circle of the Sun	28
9	The Epact	20
16	The Dominicall letter	9
9	The Roman Indiction	10
20 february	Shrove Sunday	february 12
10 April	Easter day	April 2
15 May	Rogation Sunday	May 7
19 May	Ascension day	May 11
29 May	Whitsunday.	May 21
27 November	Robur Sunday	December 3.

Physicall Elections.

Take	Omits	The Moone or Digne in	δ m v
	Glisters		γ ε ς
	Gargarismes		δ v
	Preparatives		π ε ς
	Stop Rhumes and fluxes		δ m v
	Purge by needling		δ λ π

Fit times for blood-letting.

- The Sanguine from the new moone to the first quarter.
- The Cholericke, from the first quarter to the full.
- The flegmaticke, from the full to the last quarter.
- The Melancholy, from the last quarter to the change.

Dangerous times for blood-letting.

In the heate of Summer, or cold of Winter, or when the Moone is in the Digne which governeth that part of the body you would let blood; Also within the dayes of the change, or full of the Moone.

The beginning and ending of the Termes, with their
 Returnes and Effoyne dayes, dayes of Exception,
 Returna Brevium, and dayes of Appearance,
 for this yeere, 1642.

Returne dayes, or dayes of Effoyne.	Dayes of Exception.	Returna Brevium.	Dayes of Appearance.
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Hillary Terme beginneth the 24. of January, and endeth
 the 12. of February, and hath foure Returnes.

Octa Hillar.	Janu. 20	Janua. 21	Janua. 22	Janua. 23
Quind. Hillar.	Janu. 27	Janua. 28	Janua. 29	Janua. 30
Craft. Purif.	Feb. 3	Feb. 4	Feb. 5	Feb. 6
Octa. Purif.	Feb. 10	Feb. 11	Feb. 12	Feb. 13

Easter Terme beginneth the 27. of April, and endeth
 the 23. of May, and hath five Returnes.

Quind. Pasch.	April 25	April 25	April 26	April 27
Tres Pasch.	April 30	May 2	May 2	May 3
Mense Pasch.	May 9	May 9	May 10	May 11
Quinq; Pasc.	May 6	May 16	May 17	May 18
Craft. Ascen.	May 23	May 23	May 24	May 25

Trinitie Terme beginneth the 10. of June, and endeth
 the 28. of June, and hath foure Returnes.

Craft. Trin.	June 6	June 7	June 8	June 9
Octa. Trin.	June 13	June 14	June 15	June 16
Quind. Trin.	June 20	June 21	June 22	June 23
Tres Trin.	June 27	June 28	June 29	June 30

Michaelmas Terme beginneth the 24. of October, and
 endeth the 28. of November, and hath 6. Returnes.

Tres Mich.	Octo. 20	Octob. 21	Octob. 22	Octob. 24
Mense Mich.	Octo. 27	Octob. 28	Octob. 29	Octob. 31
Craft. Anima.	Novē. 3	Novem. 4	Novem. 5	Novem. 7
Craft. Mart.	Novē. 12	Novem. 12	Novem. 14	Novem. 15
Octab. Mart.	Novē. 18	Novem. 19	Novem. 21	Novem. 22
Quind. Mart.	Novē. 25	Novem. 26	Novem. 28	Novem. 28

**The Anatomy of Mans Body, as the parts thereof
are governed by the 12. Celestiall Signes.**

Aries, Head and Face.

Taurus,
Neck and
throate.
Cancer,
Brest,
Stomack,
and ribs.
Virgo,
Bowels,
and belly
Scorpio
Secret
members
Capricorn
Knees.



Gemini
Armes &
Shoulders
Leo,
Heart &
back.

Libra,
Rines &
loynes.
Sagittari,
Thighes

Aquarius,
Legs.





Pisces, the Feet.

Bold fierce Aries ruleth Head and Face,
In Necke and Throate doth Taurus challenge place :
The twining Gemini's, governe Armes and Hands,
The Brest and Stomacke Cancer the commands.
Then lusty Leo hath the Backe and Heart,
Bowels and Belly they are Virgo's part :
In Loynes and Rines is Libra's liberties,
And Scorpio rules the Stones and Prybities.
The Thighes and Hanch is Sagittarius long,
And both the Knees to Capricorne belong :
Aquarius makes the Legges much aches feele,
And Pisces rules the Feete from Toe to Heele.

January hath xxxi. daies.

Warme meates and clothes this month are good,
Take heed of Bathes and letting blood.

1. Day Sun riseth at 8. and 1. min. sets at 3. and 59. min.
15. Day Sun riseth at 7. and 43. min. sets at 4. and 17. min.

1	a	New years da.	Becke		11	d
2	b	Oct. Steph.	Armes		12	e
3	c	Oct. John	and		13	f
4	d	Oct. Innoc.	hands.		14	g
5	e	Edward dep.	Breast and	Full Moone	15	a
6	f	Twelke day.	Stomache.	the 6. day,	16	b
7	g	Felix & Jan.	Heart and	half an hower	17	c
8	a	Lucian	backe,	past 1 in the	18	d
9	b	Joyce virg.	Belly	morning.	19	e
10	c	Paul 1. her.	and		20	f
11	d	Sol in Aquar.	bowels.		21	g
12	e	Archadius	Loines and	Last quarter	22	a
13	f	Hilary bish.	reines.	the 13. day,	23	b
14	g	Edm. com. in.	Secrets &	half an hower	24	c
15	a	Maurice & Abb	bladder.	past 10. before	25	d
16	b	Marcel. bish.	Thighes &	noon.	26	e
17	c	Anthony dep.	hanches.		27	f
18	d	Prisca virg.	knees.		28	g
19	e	Moltan bish.	knees.	New Moone	29	a
20	f	Feb. & Seb.	Legges.	the 20. day, 3.	30	b
21	g	Agnes virg.	Legges.	quarters past	31	c
22	a	Vincent mar.	feete.	1 afternoone.	1	d
23	b	Emerenciane	feete.		2	e
24	c	Terme begins	feet		3	f
25	d	Conb. of Paul	Head and	First quarter	4	g
26	e	Poltcarp. bish.	face.	the 27. day,	5	a
27	f	Agnes the 2.	Neck and	neer 5. in the	6	b
28	g	Valerius bish	throate.	afternoon.	7	c
29	a	Theodo. pr.	Armes		8	d
30	b	Batild. Qu.	and		9	e
31	c	Saturnine	hands		10	f

February hath xxviij. dayes.

Milke, Herbes and Fennith fowle deny;
Purge not, nor use Phlebotomie.

1. Day Sun riseth at 7. and 13. min. sets at 4. and 47. min
15. Day Sun riseth at 6. and 16. min. sets at 5. and 14. min

1	d	Bridget Fast	Breast and	11	g
2	e	Purific. Mary	Stomache.	12	a
3	f	Blaise bish.	Heart	13	b
4	g	Gilbert bish.	and	14	c
5	a	Agathe vir.	backe.	15	d
6	b	Septuagesim	Belly and	16	e
7	c	Ado goes out	bowels.	17	f
8	d	Paul bish.	Lofnes and	18	g
9	e	Apolina vir.	reines.	19	a
10	f	Sol in Pifces	Secrets &	20	b
11	g	Sotherts bi.	bladder.	21	c
12	a	Lerme ends	Thighes &	22	d
13	b	Sexagesima	hanches.	23	e
14	c	Valentine	knees.	24	f
15	d	Faustin & Jo.	knees.	25	g
16	e	Julian vir.	Legges.	26	a
17	f	Samuel	Legges.	27	b
18	g	Hugh bish.	Legges.	28	c
19	a	Sabine	feete.	1	d
20	b	Shrovelund.	feete.	2	e
21	c	9 Martyres	Head &	3	f
22	d	Peters chair	face.	4	g
23	e	A Shwednld.	Necke	5	a
24	f	S Mathias	and	6	b
25	g	Aictorine	throate	7	c
26	a	Nessor mart.	Armes and	8	d
27	b	Quadrages.	hands.	9	e
28	c	Olwa. d.	Breast &	10	f

Full Moone
the 4. day, a-
bout 8 of the
clock at night

Last quarter
the 12. day,
neer 9. before
noone.

New moon
the 19. day. a
quarterpast
in the moor-
ning.

First quarter
the 26 day, a-
bout noone.

S. Mathias falleth on the 25. day of this moneth when
it is Leape=yeere, the other 3. yeeres on the 24. day.

March hath xxxj. dayes.

Grosse meats do hurt, use food that's fine.
Let blood and take some Medicine,

1. Day Sun riseth at 6. and 18. min. sets at 5. and 42. min.
15. Day Sun riseth at 5. and 50. min. sets at 6. and 10. min

1	d	David	Stomack &	11	g
2	e	Chad, bishop	Breast	12	a
3	f	Maurice	Heart and	13	b
4	g	Ember week	backe,	14	c
5	a	Jocaz & Cu.	Belly and	15	d
6	b	Victor & Nic.	bowels.	16	e
7	c	Perpetue	Loines &	17	f
8	d	Felix mar.	reines,	18	g
9	e	40 Martyrs	Secrets &	19	a
10	f	Agapite	bladder.	20	b
11	g	Sol in Aries	Thighes &	21	c
12	a	Gregory	hanches,	22	d
13	b	Theodore	knees.	23	e
14	c	Candide	knees,	24	f
15	d	Longine	Legges.	25	g
16	e	Boniface bish	Legges,	26	a
17	f	Patricke	Legges,	27	b
18	g	K. Edward	feete.	28	c
19	a	Jos. Mahul	feete.	29	d
20	b	Eutbert	Head	30	e
21	c	Benedict	and	31	f
22	d	Aradole	face.	1	g
23	e	Theodore	Necke and	2	a
24	f	Agapite cast	throate	3	b
25	g	Anian. Mar.	Armes	4	c
26	a	Calloz mar.	and	5	d
27	b	Int. Reg. Cai	hands.	6	e
28	c	Dorothe	Breast and	7	f
29	d	Quintine	Stomocke	8	g
30	e	Quirine	Heart and	9	a
31	f	Idelme bish.	backe	10	b

Full Moone
the 6. day, a
quarter past 1
in the after-
noons.

Last quarter
the 13. day,
neer 4. after-
noon.

New Moone
the 20. day, a
little past
noon.

First quarter
the 28. day,
halfe an honre
past 7. in the
morning.

April hath xxx. daies.

The blood being hot, coole hearbes now use,
And March his precepts not refuse.

1. Day Sun riseth at 5. and 16. min. sets at 6. and 44. min.
15. Day Sun riseth at 4. and 51. min. sets at 7. and 9. min.

1	g	Oswald	Belly	11	c
2	a	Mary Egypt	and	12	d
3	b	Richard bish.	bowels.	13	e
4	c	Ambrose bish.	Loines and	14	f
5	d	Vincent con.	reines.	15	g
6	e	Sextus bish.	Secrets &	16	a
7	f	Euphemie	bladder.	17	b
8	g	Egeſſopus	Thighes &	18	c
9	a	Perpetuus	hanches.	19	d
10	b	Easter day	knees.	20	e
11	c	Euthlate	knees.	21	f
12	d	Iulius bish.	Legges.	22	g
13	e	Senon bish.	Legges.	23	a
14	f	Olyſſe	Feet.	24	b
15	g	Oswald arch.	Feet	25	c
16	a	Adoſe bish.	Head	26	d
17	b	Low Sunday	Wed. com. in	27	e
18	c	Clutheri. bish	face.	28	f
19	d	Alphege	Necke &	29	g
20	e	Widoſ bish.	throate.	30	a
21	f	Simeon	Armes	1	b
22	g	Sother bish.	and	2	c
23	a	S. George	hands.	3	d
24	b	Wulfride	Breast &	4	e
25	c	Mark Evang.	Stomache.	5	f
26	d	Elef.	Heart	6	g
27	e	Terme beg.	and	7	a
28	f	Vitalis Mar	backe.	8	b
29	g	Peter mir.	Belly and	9	c
30	a	Erkenwald.	bowels.	10	d

Full Moone
eclipsed the
5. day, 3.
quarters past
1. in the mor-
ning.

Last quarter
the 11. day,
a quarter past
4. in the night

New Moone
the 19. day
neer mid-
night.





First quarter
the 27. day,
halfe an houre
past 2. in the
morning.

May hath xxxi. daies.

Put Sage in drinke, drinke Worme-wood-wine,
Use Physickes helpe, walke mornings fine.

1. Day Sun riseth at 4. and 23. min. sets at 7. and 37. min.

15. Day Sun riseth at 4. and 4. min. sets at 7. and 56. min.

1	B	Phil. & Jacob	Loines and		11	C
2	c	Athanasius	reines.		12	f
3	d	Inben. crosse	Secrets &		13	g
4	e	Chyſtopher	bladder.		14	a
5	f	Goddard	Thighes &	Full Moone	15	b
6	g	John port. lat	hanches.	the 4. day,	16	c
7	a	John Weberl	knees.	about high	17	d
8	B	Appa. Mich.	knees.	noon.	18	C
9	c	Trans. Mich.	Legges.		19	f
10	d	Godtan	Legges.		20	g
11	e	Weda pzi.	feete.	Last quarter	21	a
12	f	Sol in Gem.	feete.	the 11. day, at	22	b
13	g	Cozone biſh.	feete.	4. in the mor=	23	c
14	a	Boniface	Head and	ning.	24	d
15	B	Wogation sun	face.		25	C
16	c	Med. goes out	Necke		26	f
17	d	Bernard tran	and		27	g
18	e	Disfor. mar.	throate	New Moone	28	a
19	f	Ascension day	Armes and	the 18. day,	29	b
20	g	Bernardine	hands.	a quarter past	30	c
21	a	Ellen Queen	Breast	2. after noon.	31	d
22	B	Iulian btrg.	and		1	C
23	c	Leime end	Stomacke.		2	f
24	d	Fran. treaſ.	Heart and		3	g
25	e	Adelme biſh.	backe.	New Moone	4	a
26	f	Bedepz.	belly and	the 26. day,	5	b
27	g	Germine	Bowels	halfe an houte	6	c
28	a	Cozone biſh.	Loins and	past 3. after=	7	d
29	B	Whitſun. day	reines.	noon.	8	C
30	c	Petronil	Secrets &		9	f
31	d	Perius	bladder		10	g

June hath xxx. dayes.

Let Phisicke goe coole hearbes now take,
Sweete drinks and Venus now foriake.

1. Day Sun riseth at 3. and 50 min. sets at 8. and 10. min.
15. Day Sun riseth at 3. and 47. min. sets at 8 & 13. min.

1	e	Nicomede	Thighes &	11	a
2	f	Marcellus	hanches.	12	b
3	g	Ember week	Knees.	13	c
4	a	He comes in	Knees.	14	d
5	b	Trinity land.	Knees.	15	e
6	c	Helonius	Legges.	16	f
7	d	Moltan	Legges.	17	g
8	e	Edmund tr.	feete.	18	a
9	f	Corpus Chri.	feete.	19	b
10	g	St. Anne begnt	Head and	20	c
11	a	Barnabe ab.	face.	21	d
12	b	St. John in Gane.	Pecke.	22	e
13	c	Anthony	and	23	f
14	d	Basil bishop	throate	24	g
15	e	Modestius	Times and	25	a
16	f	Richard	hands	26	b
17	g	Wote lph	Breast	27	c
18	a	Exuperius	and	28	d
19	b	Gervarius	Stomacke	29	e
20	c	Cran of Ed.	Heart and	30	f
21	d	Walburge	backe	1	g
22	e	Al an mar	Botwels	2	a
23	f	Chelo fast	and	3	b
24	g	St. John Ba.	Belly	4	c
25	a	Cran of Eli.	Loines and	5	d
26	b	John & Paul	Reines.	6	e
27	c	Eufcence	Secrets &	7	f
28	d	St. Peter ends fr.	bladder.	8	g
29	e	St. Peter & P.	Thighes &	9	a
30	f	Con of Paul	hanches.	10	b

Full Moone
the 2. day, at
8. in the after-
noone.

Last quarter
the 9. day neer
10. before
noon.






New Moone
the 17. day, a
little past 3. in
the morning

First quarter
the 25. day,
half an houre
past 6. in the
morning,

July hath xxxj. dayes.

Use Sallets fresh to coole the heate,
And bath in Springs to cleanse the sweate.





1. Day Sun riseth at 3. and 56. min. sets at 8. and 4. min.
15. Day Sun riseth at 4. and 12. min. sets at 7. and 48. min.

1	B	Oct. Joh. Ba.	Knees.		11	C
2	a	Wist. of Ma.	Knees.		12	d
3	B	Tran. Tho.	Legges.		13	E
4	c	Martin tran.	Legges.	Full Moone	14	f
5	d	Joe Birg.	Feete.	the 2. day,	15	g
6	e	Octa. of Per.	Feete.	halfe an houre	16	a
7	f	Thomas tra.	Head	past 2. in the	17	b
8	g	Gymbald	and	morning.	18	c
9	a	Ciril bish.	face.		19	d
10	B	7. Brethren	Necke &	Last quarter	20	E
11	c	Benedict	throate	8. day, at	21	f
12	d	Rabor & fe.	Armes	8. in the eve-	22	g
13	e	Sol in Leo	and	ning.	23	a
14	f	Rebell	hands.		24	b
15	g	Swichin.	Breast and	Peto Moone	25	c
16	a	Olmond	Stomacke.	the 16. day,	26	d
17	B	Kenelme	Heart	about 7. after=	27	E
18	c	Arnulph	and	noone.	28	f
19	d	Dag. dai beg.	backe.		29	g
20	e	Margaret	Belly and	First quarter	30	a
21	f	Praxed	bowels.	the 24. day,	31	b
22	g	Wary Mag.	Loines and	halfe an houre	1	c
23	a	Apoline	reines.	past 6. in the	2	d
24	B	Christin	Secrets &	evening.	3	E
25	c	S. James Ap.	bladder.		4	f
26	d	St. Ma. mo.	Thighes &	Full Moone	5	g
27	e	7. Sleepers	hanches.	the 31. day,	6	a
28	f	Damplon bt.	Knees.	a quarter past	7	b
29	g	Felix & fel.	Knees.	8. in the mor=	8	c
30	a	Abdon	Legges.	ning.	9	d
31	B	Germane	Legges.		10	E

August hath xxxi. daies.

Fly Physicke and Phlebotomie,
Eschew cold Bathes and Venerie.

1. Day Sun riseth at 4. and 38. min. sets at 7. and 22. min.
15. Day Sun riseth at 5. and 4. min. sets at 6. and 56. min.

1	c	Laminas day	feete.		11	f
2	d	Steph. mar.	feete.		12	g
3	e	And. Steph.	feete.		13	a
4	f	And. pr.	head &		14	b
5	g	Edwald	face.	last quarter	15	c
6	a	Transl. Dom	Necke	the 7. day, a-	16	d
7	b	feast of Iesu	and	bout 8 in the	17	e
8	c	Diracke	throate.	forenoon.	18	f
9	d	Roman mart.	Armes and		19	g
10	e	Lorence m.	hands.		20	a
11	f	Edurt mar.	Breast &		21	b
12	g	Clare Virg.	Stomacke.	New Moone	22	c
13	a	Sol in virgo	Heart	the 15. day	23	d
14	b	Colchins	and	half an houre	24	e
15	c	Alum. Mar.	backe.	past 10. before	25	f
16	d	Rochoy mar.	Belly and	noone.	26	g
17	e	Oct. Lato.	bowels.		27	a
18	f	Agapite	Loines and	first quarter	28	b
19	g	Magnus	reines	the 23. day,	29	c
20	a	Leues	Secrets &	half an houre	30	d
21	b	Bernard	bladder.	past 2. in the	31	e
22	c	Prubatus	Thighes &	morning.		f
23	d	Bartholom. A	hanches.		1	g
24	e	Leodadius	knees.		2	a
25	f	Seberine	knees.	Full Moone	3	b
26	g	Bullian	Legges.	the 29. day,	4	c
27	a	Dagulfine bi.	Legges.	half an houre	5	d
28	b	Dog daies ene.	feet	past 4. in the	6	e
29	c	Felix & Dnoz.	feet	afternoon.	7	f
30	d	Paulinus	head		8	g
31	e				9	a


September hath xxx. daies.


Now drinke Goates milke, on ripe fruits feede;
(If neede require) Purge, Bath and Bleed.


1. Day Sun riseth at 5. and 37. min. sets at 6. and 23. min


15. Day Sun riseth at 6. and 4. min. sets at 5. and 56. min

1	f	Giles Robat	Head	11	v
2	g	Anthony	Necke	12	c
3	a	Gregory	and	13	d
4	25	Eutbert	throate.	14	e
5	c	Bertine	Armes and	15	f
6	d	Eugenius	hands.	16	g
7	e	Emutcius	Brest	17	a
8	f	Pat. of Mary	and	18	b
9	g	Gorgontius	Stomacke.	19	c
10	a	Wilbicus	Heart and	20	d
11	25	Prothus	backe.	21	e
12	c	Martian	Belly and	22	f
13	d	Sol in Libra	bowels.	23	g
14	e	Holy Crosse	Loines	24	a
15	f	Oct. Mary	and	25	b
16	g	Ember weeke	reines.	26	c
17	a	Hugh	Secrets &	27	d
18	25	Victor & Cor.	bladder.	28	e
19	c	January ma.	Thighes &	29	f
20	d	Eustace	hanches.	30	g
21	e	S Mathew Ev.	knees.	1	a
22	f	Mauricius	knees.	2	b
23	g	Tecla vir.	Legges.	3	c
24	a	Andoche	Legges.	4	d
25	25	Armin	feete.	5	e
26	c	Cyprian	feete.	6	f
27	d	Cosm. & Da.	Head	7	g
28	e	Creupe.	and	8	a
29	f	Michael Arch.	face	9	b
30	g	Hierome pr.	Necke	10	c


Last quarter
the 5. day, near
11. at night.


New Moone
the 14. day, a
quarter past
2. in the mor-
ning.


First quarter
the 21. day, 3.
quarters past
10. before
noon.


Full Moone
the 28. day,
half an houre
past 2. in the
morning.

October hath xxxi. dayes

Strong Wine, hot Bathes, and spice that's good,
Preserves our health; purge, and let blood.

1. Day Sun riseth at 6. and 26. min. sets at 5. and 24. min.
15. Day Sun riseth at 7. and 2. min. sets at 4. and 57. min.

1	a	Remigius	throate.	11	d
2	b	Leobegartus	Armes	12	e
3	c	Candide	and	13	f
4	d	Francis	hands.	14	g
5	e	Spolnary	Breast and	15	a
6	f	Matth birg.	Stomacke	16	b
7	g	Mar. & Mar.	Heart	17	c
8	a	Belagius	and	18	d
9	b	Dionise	backe.	19	e
10	c	Creton	Belly and	20	f
11	d	Isicallus	bowels.	21	g
12	e	Wulfride	Loines and	22	a
13	f	Sol in Scorpio	reines.	23	b
14	g	Calixtus	Secrets &	24	c
15	a	Wolfran	bladder.	25	d
16	b	Michael mon	Thighes &	26	e
17	c	Elheldred	hanches.	27	f
18	d	S. Luke Evang	knees.	28	g
19	e	fridesholde	knees.	29	a
20	f	Wrebert	Legges.	30	b
21	g	11000. Wrg.	Legges.	31	c
22	a	Barp Sol.	feete.	1	d
23	b	Romanus	feete.	2	e
24	c	Terme begins	feete.	3	f
25	d	Crisp. & Crisp.	Head &	4	g
26	e	Arfula	face.	5	a
27	f	Florence	Becke	6	b
28	g	Simon & Jude	and	7	c
29	a	Barcellus	throate.	8	d
30	b	Germane	Armes and	9	e
31	c	Quintin. fall.	hands.	10	f

☾
Last quarter
the 5. day,
near 5. at
night.

☉
New Moone
the 13. day,
a quarter past
4. afternoone.





☾
first quarter
the 20. day,
haife an houre
past 5. at
night.

☉
full Moone
the 27. day,
a quarter past
4. afternoon.

November hath xxx. daies.

From cold preserve thy head and feete,
Abstaine from wine that's new and sweete.

1. Day Sun riseth at 7. and 34. min. sets at 4. and 26. min.
15. Day Sun riseth at 7. and 55. min. sets at 4. and 5. min.


1	d	All Saints	Breast		11	g
2	e	All Soules	and		12	a
3	f	Almshouse	Stomacke.		13	b
4	g	Amantius	Heart and	Last quarter	14	c
5	a	Powder Treas.	backe.	the 4. day, a-	15	d
6	b	Leonard	Belly &	bout 2. in the	16	e
7	c	Milbode	bowels.	afternoone.	17	f
8	d	4. Crotoned	Loines and		18	g
9	e	Theodore	reines.		19	a
10	f	Martine	Secrets &		20	b
11	g	Martine bish.	bladder.	New Moone	21	c
12	a	Sol in Sagit.	Thighes &	the 12. day,	22	d
13	b	Byce	hanches,	at 6. in the	23	e
14	c	Erken tran	knees.	morning.	24	f
15	d	Macute	knees.		25	g
16	e	Edmond	Legges.		26	a
17	f	S. Hugh.	Legges.	First quarter	27	b
18	g	Oct. Martine	Legges	the 19. day,	28	c
19	a	Nat. K. Char.	feete.	a little past	29	d
20	b	Edmund	feete.	1. in the mor-	30	e
21	c	Pref. of Ma.	Head and	ning.	1	f
22	d	Ciceli Virg.	face.		2	g
23	e	Clement	Necke		3	a
24	f	Cyplogon	and	Full Moone	4	b
25	g	Katherine	throate.	the 6. day, a	5	c
26	a	Linus bish.	Armes &	quarter past	6	d
27	b	Robertus	hands.	8. in the mor-	7	e
28	c	Terme ends	Breast	ning.	8	f
29	d	S. Andrew	and		9	g
30	e	S. Andrew	Stomack.		10	a


December hath xxxi. daies.


Use meates that's warme, hot spice and wine,
Invite the Poore to sup and dine.


1. Day Sun riseth at 8. and 10. min. sets at 3. and 50. min.
15. Day Sun riseth at 8. and 13. min. sets at 3. and 47. min

1	f	Eusegi. bisho	Heart and	11	b
2	g	Libanus ma.	backe.	12	c
3	a	Depo. of Ol.	Belly	13	d
4	B	Barbara	and	14	e
5	c	Sabbe bish.	bowels.	15	f
6	d	Nicholas	Loines and	16	g
7	e	Ambrose	reines.	17	a
8	f	Conc. of Pa.	Secrets &	18	b
9	g	Cyprian	Bladder.	19	c
10	a	Eulalie	Thighes &	20	d
11	B	Damasie bish.	hanches.	21	e
12	c	Sol in Capri.	Knees.	22	f
13	d	Lucie	Knees.	23	g
14	e	Otholie	Legges.	24	a
15	f	Valeri.	Legges.	25	b
16	g	Ember weeke	feete.	26	c
17	a	Lazarus	feete.	27	d
18	B	Gratlan bish.	Head	28	e
19	c	Menesia virg.	and	29	f
20	d	Nollan fast	face	30	g
21	e	Thomas Apo.	Necke &	31	a
22	f	30. Martyrs	throate.	1	b
23	g	Victor virg.	Armes	2	c
24	a	Candide fast	and	3	d
25	B	Christmas d.	hands.	4	e
26	c	S. Stephen.	Brest and	5	f
27	d	S. John Evan.	stomacke.	6	g
28	e	Innocents	Heart	7	a
29	f	Them. Beck.	and	8	b
30	g	Haines trans.	back	9	c
31	a	Silvester	Belly	10	d


Last quarter
the 4. day, a
quarter past
11. before
noon.


New Moone
the 11. day, at
at 61 at night


First quarter
the 18. day, a
quarter past
10. in the
forenoone.


Full Moone
the 26. day 3.
quarters past
1. in the mor-
ning.

WHITE. 1642.

A Prognostication for
this yeare of our Lord

God. 1642.

Being the second after *Bissextile*,
or Leape-yeare.

Wherein is conteyned the state
of the whole Yeare; the disposition of
each Quarter; and the Inclinati-
on of the Weather for every Quar-
ter of the Moone through-
out the whole Yeare.

With certain briefe notes concerning the
yeer and the parts thereof, with other generall
rules.

*With other things fit to be knowne, both
pleasant and profitable.*

And at the end of the Booke, is the whole
Almanacke, conteyned in one Lease, for this
Yeare 1642. which being cut out, is fit to be
placed into a Table-Booke, Booke
of Accompt, or other.

By *Iohn White*, Well-willer to the *Mathematicks*.

LONDON.

Printed by *J. R.* for the Company
of Stationers. 1642.

A Chronologie or Computation of yeeres
to this present yeere. 1642.

Since the Creation of the World to this yeare	5591
Since the Flood	3935
Since London was built	2750
Since Yorke was built	2608
Since Rome was built	2393
Since the destruction of Ierusalem	1571
Since England first received the Christian Faith	1462
Since the Conquest of England by Duke William	576
Since S. Pauls Church in London was built	556
Since London-bridge was built with stone	466
Since the first Lord Mayor of London	451
Since the Order of the Knights of the Garter	298
Since the Invention of Gunnes	262
Since the Art of Printing was invented	182
Since King Henry the 8. conquered Bulloigne	97
Since the first use of Coaches in England	87
Since the burning of Pauls steeple	81
Since the Royall Exchange was built	77
Since the Carles rebellion in the North	73
Since the blasing Starre, and sharpe Winter	70
Since the Massacre in France	70
Since the whole Heavens seemed to burne with fire	68
Since the former deepe Snow	63
Since the generall Earthquake	62
Since Tobacco was first used in England	57
Since the Campe at Tilbury in Essex	54
Since the greace Plague in London	39
Since the Gunpowder Treason	37
Since the former great Frost	34
Since the death of Prince Henrie	30
Since the former deepe Snow	27
Since his last Blasing-Starre	24
Since the Daughters returned from Spaine	19
Since the fall at Blackheath	19
Since the Daughters proclaimed	17
Since Prince Charles was borne.	11

*A brieve Declaration of the
Disposition of the foure Quar-
ters of this Yeare.*

And first of Winter.

*The Winter Quarter best doth prophesie
To all Degrees, and Sexes, their estate.*

Sol in Capricorne, Aquarius, Pisces.



The Winter Quarter (as the ancient Astronomers) did begin the last yeare 1641. upon Sunday the 12. of December; at which time the Sun made his first entrance into the first degree of the Hyemal, or Winterly Equinoxe of Capricorne, which Quarter endeth this yeare 1642. upon the 11. day of March: in which space of time the Sunne maketh his passage through these three Winterly Signes, Capricorne, Aquarius, and Pisces.

The naturall quality of this Quarter is to be cold and moist, (of contrary quality to the Summer) and is of the Phlegmatick Complexion, which humors doth most predominate in our bodies from three of the Clocke in the afternoone, till six. of the clocke at night. Now doe the sea-rovt Mariners endure many a storme on the raging Ocean; the Windes are strong and high, making the billowes of the Sea to some and swell: The Floods are at highest, the Ayre coldest, the Dayes shortest, and Nights longest, and the strength and vigour of every Creature decayeth. The pores of the Earth are now enclosed and shut up by the extreme coldnesse of the Ayre: Fowles get them to the warmest Regions, Beasts seek for a shelter, Serpents betake them to their denues, and the Fishes get into the deepest of the waters for their warmth and comfort: And whatsoever the cheerefull Spring and comfortable Summer did produce and nourish, this Quarter both destroy and vanish. The colder and wetter the Winter is, it is the more wholesome for Man.

A Prognostication.

and Beast: yet too much cold killeth Plants & Trees in a cold Climate: A moyst and warme Winter is an enemy to Nature, but a friend to Husbandry; and indifferent store of Snows & frosts ranken the Earth, and preferueth, Corne. Now for the preferuation of our healths, it is fit that we should vse such meates whose operation are of a hot and drie qualitie, expelling the cold & vnholsomme ayre with good fires, warme Broathes, comfortable Drinks, and strong Wines: Being carefull to keep thy head & Feet from cold & wet: But yet can the body digest more grosse and strong Meats then in Summer, by reason that the naturall heat is kinden (by the coldnes of the ayre) into the inward parts of the body, to comfort the vitall Spirits, & to helpe digestion.

The vitall Dileases of this Quarter, are these (or the like) as Rheumes, Coughes, Poles, Palsies, Colicques, Agues, Soze Eyes, Cathars, Crampes, Tooth-ach, Sciatickes, Fluxes, &c.

Of the Second part of the Yeare called the Spring.

*The Spring compared is to Infancy,
To spring and grow in Vertue till we dye.*

Sol in Aries, Taurus, Gemini.

The next Quarter is the Spring, being the comfortablest of all the yeare, and beginning when the resplendant and glorious Sunne enireth into the first degree of the first Equinoctiall Signe Aries, which is vpon Friday being the xi. of March, and continueth till Sunday the xii. of June, in which space of time the Sunne maketh his revolution through these three Vernall Signes, Aries, Taurus, Gemini.

The usuall quality of this Quarter is heat and moysture, taking part of the Sanguine complexion: which humour hath most predomination from nine a Clocke at night, till three of the Clocke in the morning. Now are the dayes and nights of an equall length through the world, and the cheerefull Sunne seemes to vaille vpon the face of the newly reconuered Earth, causing it to produce all kinde of varieties to our Senies. This of all the other Quarters of the yeare, is the most pleasant and vnholsome: it being the most con-

venient

venient time to remooue Duels of a long continuance, and to prevent those which are like to ensue. Now doe the Birds of the ayre couple and breed, Beasts of the Earth increase, and the Fishes of the Waters doe multiply in abundance, forsaking the deepe to live in more shallow places: And now the Earth bringeth forth all sorts of Flowers, Hearbes, Fruites and Plants, for the needfull vse of Man and Beast. The Spring over-wet increaseth Weedes, causing Fruites to be scarce and rotten: It is fitting (for the preservation of our healths) that we now vse such Meates as are of a cold and drye qualitie; and let your Drinke be more coole and small then in Winter: And now (if need require) is the best time to Purge, Bathe, Bleed, and Sweat.

The usuall Infirmities of this Quarter, are Small-pocks, Measels, Scabbies, Pustles in the face, Ringes euill, Agues, Feauers, &c.

Of the third part of the Yeare, called Summer.

*Like Man in his chiefe state and lusty yeares,
The ripening Summer Quarter best appears.*

Sol in Cancer, Leo, Virgo.

The Summer Quarter doth beginne when the scorching Sun entereth into the first degree of the Northern Tropique of Cancer, which is vpon Sunday the xii of Iune, and doeth continue till Tuesday the xiii. of September, in which space of time hee passeth through these three Solstitiall Signes, Cancer, Leo, Virgo.

The naturall condition of this Quarter is to be hot & dry, taking part of the Cholericke Complexion, which humour doeth chiefly gouerne from 3. of the Clock in the morning, till 9. before noone. Now is the Sunne at the highest, causing the dayes to be at the longest, and nights shortest. Meate is at the highest, floods at the lowest, Seas most quiet, and the Winds most calme: And now is the fruitfull Earth cloathed in her richest ambrosy, imparting of her store to all sensible Creatures

A Prognostication.

meets for their vse and comfort: Flowers are in their beaultie, and Fruits in their delicacie: and the painefull Bees gather their Honey for their future sustentance: Now naturall heate is dispersed abroad into the outward parts of the Body, & Man is not so hot within as in Winter, neither can hee digest such grosse and strong Meates, as then; yet the most small and coole Drinckes are most convenient for our healths, and little store of Meates doeth best suffice Nature, and those which bee boyled are most wholesome, and vse such things as are of a cold and moyst qualittie: An over-wett Summer rotteeth Fruite, and destroyeth Come.

The Sickneses and Diseases of this Quarter, are Fevers, Peckillence, Jaundies, Agues, paine in the Head and Belly, &c.

Of the fourth part of the Yeere, called Autumne or Haruest.

*As Autumne steales the sappe from Tree and Flower,
So Death comes creeping neerer every houre.*

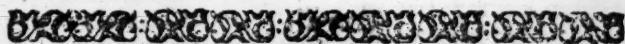
Sol in Libra, Scorpio, Sagitarij.

Autumne, or Harbest, (usually tearmed, the fall of the Leafe) beeginneth when the Sun entereth into the first degree of Libra, which is vpon Tuesday the xiii. of September, and endeth vpon Monday the xii. of December: where he maketh the second Equinoctfall, in which time hee runneth his passage through these three Autumnall Signes, Libra, Scorpio, Sagitarij.

The vntuall condition of this Quarter is to be cold and drye, participating most of the Melancholy Complexion, which Humour doth chiefly governe from ix. of the Clocke in the Morning, till 3. in the afternoone. The dayes are now againe equally ballanced with the nights; the Grasse is mowed, Come reaped, Fruits gathered, and the painefull Husband-man reapeth the profit of his forepassed labours: Now doeth the Earth loose the beaultie of her former glorie, Flowers fade, Leaves doe fall, Floods increase, and all Creatures loose their former strength & vigour, and the most part of sensible Creatures seeke

White. 1642.

For shelter against the stormie ensuing Winter: Of all the other Quarters of the yeare this is the most untwollome, breeding diseases of divers kinds in our bodies; therefore beware of the morning and evening cold, & use such things as are of a heate and moist quality: It is now a time (if need require) to Purge, Sweat, and Bleed: Autumne being overtaken with Crapes, making bad Colours, and scarcity of Fruit.



The New, Full, and Quarters of the Moone, with the ordinary judgement of the Weather for every Quarter of the Moon, for this yeer. 1642.

January.

Full Moone on Thursday the vi. day, half an houre past one of the clocke in the morning, faire.

Last Quarter on Thursday the xiii. day, half an houre past in the night, windy.

New Moone on Thursday the xx. day, iii. quarters of an houre past one of the clocke in the afternoon, wet.

First Quarter on Thursday the xxvii. day, at 9 in the afternoon, frost.

February.

Full Moone on Friday the iii. day, at night, faire.

Last Quarter on Saturday the xii. day, at 12. before noon, breake:

New Moone on Saturday the xix. day, a quarter of an houre past one of the clocke in Morning, wet.

A Prognostication

First Quarter on Saturday the xxi. day, about noon.

March.

Full Moone on Sunday the vi. day, a quarter of an houre past one of the clocke in the afternoon, sharp weather.

Last Quarter on Sunday the xii. day, foure quarters of an houre past foure in the afternoon, faire.

New Moone on Sunday the xx. day, a noon, wet.

First Quarter on Monday the xxv. day, half an houre past vii. in the morning, faire.

Aprill.

Full Moone on Tuesday the v. day, iii. quarters of an houre past one of the clocke in the morning, cloudy.

Last Quarter on Monday the xi. day, a quarter of an houre past x. of the clocke in the night, faire.

New Moone on Tuesday the xvi. day, at xii. of the clocke at midnigh, faire.

First Quarter on Wednesday the xxi. day, halfe an houre past ii. of the clocke in the morning, indifferent.

May.

Full Moone on Wednesday the vii. day, iii. quarters of an houre past ii. of the clocke before noon, wet.

Last Quarter on Wednesday the xii. day, at xiii. of the clocke in the morning, cloudy.

New Moone on Wednesday the xviii. day, a little past two afternoon, windy.

First Quarter on Thursday the xxv. halfe an houre past five of the clocke in the afternoon, indifferent.

June.

Full Moone on Thursday the ii. day, at xiiii. of the clocke afternoon, faire.

Last Quarter on Thursday the vi. day, iii. quarters of an houre past i. of the clocke in the forenoon, wet.

New Moone on Friday the xiii. day, at xvi. of the clocke in the morning, faire.

First Quarter on Saturday the xx. day, halfe an houre past vi. in the morning, gentle blasts.

July

White. 1642.

Julie.

Full Moone on Saturday the ii. day, half houre past three in the morning, faire.

Last Quarter on Friday the viii. day, at viii. in the evening, faire.

New Moone on Saturday the xv. day, at viii. of the clock in the afternoon, faire.

First Quarter on Sunday the xiiii. day, half an houre past vi. of the clock afternoon, wet.

Full Moone on Sunday the xxi. day, a quarter of an houre past viii. of the clock in the morning, windy.

August.

Last Quarter on Sunday the vii. day, about viii. in the fore noon, faire.

New Moone on Monday the xv. day, half an houre past ten of the clock before noone, faire.

First Quarter on Tuesday the xiiii. day, half an houre past x. in the morning, indifferent.

Full Moone on Monday the xxi. day, half an houre past four in the afternoon, wet.

September.

Last Quarter on Monday the v. day, neere xxi. in the night, faire.

New Moone on Wednesday the xiii. day, a quarter of an houre past two of the clock in the morning, windy.

First Quarter on Wednesday the xxi. day, iii. quarters of an houre past v. of the clock in the afternoon, faire.

Full Moone on Wednesday the xxviii. day, half an houre past two of the clock in the morning, faire.

October.

Last Quarter on Wednesday the v. day, neere v. at night, faire.

New Moone on Thursday the xii. day, a quarter past four in the afternoon, windy.

First Quarter on Thursday the xx. day, half an houre past v. at night, wet.

Full

A Prognostication.

Full Moone on Thursday the xxvii. day, a quarter past foure in the afternoone, frost.

November.

Last Quarter on Friday, the xlii. day, at two of the clocke in the afternoone, fayre.

New Moone on Saturday, the xlii. day, at vi. of the clocke in the morning, faire.

First Quarter on Saturday, the xlii. day, a little past one in the morning, windy and wet.

Full Moone on Saturday the xxvi. day, a quarter of an houre past viii. of the clock in the morning, faire.

December.

Last Quarter on Sunday, the xlii. day, a quarter of an houre past xi. of the clocke before noone, frost.

New Moone on Sunday, the xi. day, at vi. of the clock at night, faire.

First Quarter on Sunday the xlii. day, a quarter of an houre past x. of the clocke before noone, fayre.

Full Moone on Monday the xxvi. day, three quarters of an houre after one in the morning, , fayre.

Of the Ecclipses this Yeare.

There will be an Eclipse of the Moone to be seene in our Horizon this Yeere upon the fifth of April, some three quarters of an houre past one of the clock in the morning.

Certaine

White. 1642.

Certaine briefe Notes concerning the
Yeare and parts thereof, with other
generall Rules.

A Yeare properly is that revolution and
space of time wherein the Sun passeth
through the twelue Signes of the Zodiack.

A Yeare hath in it twelue Moneths of the
Sun, thirtene Months of the Moone : Fifty
two Weekes, three hundred threescore and
five dayes.

It is to be understood when a Yeare hath in
it but three hundred threescore and five dayes,
it is meant by the common yeare : But the A-
stronomicall yeares containeth three hundred
threescore and five dayes and sixe hours : and
when it is Leap-yeares, the yeare is a day long-
er than the common yeares, which is in Febru-
ary, the common having but xxviii dayes, the
Leape xxix.

A Moneth of the Moone is the space and
length of time which is between the New
Moone and her Wane : And the usuall or com-
mon Moneth, is a certaine number of dayes,
which are xxvliij.

A Week or Sevensnight, is the fourth part
of a Moneth.

A Day is the seventh part of a Week ; and
there be two sorts of dayes, the one is a day
naturall, the other a day artificiall.

A Prognostication.

A day naturall, is the space of xxij houres,
accounting the night withall.

An artificiall day, is that space of time
which is betweene the rising and setting of the
Sun.

An houre is the twenty fourth part of a day
naturall.

And a minute is an houre divided into
threescore parts.

Of the severall Conquests of ENGLAND.

Of Islands *England* was the greatest Ile,
by *Iulius Caesar* first of Romans knowne;
By Frenchmen next it was possess'd a while,
by *Claudius Caesar* they were overthrowne,
To whom, though they allégeance due did yeeld,
yet still their Lawes and Customes they retain'd,
Though they by Strangers then were foild in Field,
to beare a Strangers yoke yet they disdain'd.
Amongst all Islands *England* was the first,
that entertain'd the Gospell of the Lord,
Till *Dioclesian* for blood did thirst,
on all that to this Doctrine did accord.
Thisland by Frenchmen and by Scots oppress'd,
the Saxons ayded it, and it enjoy'd,
Till *Danes* did vanquish them, and it possess'd,
who by the former People were destroy'd:
And ever since, the Noble *Normans* race
five hundred seventy three yeares haue remain'd,
No Forreigne powers their Kingdome could deface,
such stout victorious Kings of them haue raig'n'd.
Heavens keepe our royall King, her Maj^{tie},
And ever bleesse their Royall Prog^{re}ss.

The

**The beginning, continuance, and ending
of the Kings reignes since the Conquest, with
the time how long it is since, to this Yeare 1642.**

*Being fit for Scriveners, and such as are employ-
ed in Law causes.*

The Kings names	Began his reigne.	Reigned yeers.mon.daies	Since their Reignes began.
Wil. Conq.	1066 Octob. 14	20 11 22	575 Octob. 14
Wil. Rufus	1087 Septem. 9	12 11 19	515 Septem. 9
Henry 1	1100 August. 1	35 4 11	541 August. 1
Stephen	1135 Decem. 2	18 11 10	507 Decemb. 2
Henry 2	1154 Octo. 25	34 9 24	488 Octob. 25
Richard 1	1189 Iuly 6	9 9 22	452 Iuly 6
Iohn	1199 April. 6	17 7 0	413 April. 6
Henry 3	1216 Octob. 19	56 1 0	426 Octob. 19
Edward 1	1272 Nouē. 16	34 8 9	372 Nouem. 16
Edward 2	1307 Iuly 7	19 7 6	334 Iuly 7
Edward 3	1326 Ianua. 25	50 5 7	316 Ianuary 25
Richard 2	1377 Iune 21	22 3 16	265 Iane 21
Henry 4	1399 Septe. 29	13 6 5	243 Septem. 29
Henry 5	1412 March 20	9 5 24	230 March 20
Henry 6	1422 August. 31	38 6 18	220 August 31
Edward 4	1460 March 4	12 1 8	182 March. 4
Edward 5	1483 April 9	0 2 18	159 April 9
Richard 3	1483 Iune. 22	2 2 5	159 Iune 22
Henry 7	1485 August. 22	23 8 19	157 August 22
Henry 8	1509. April. 22	37 10 21	133 April 22
Edward 6	1546 Ianua. 28	6 5 19	56 Ianuary 28
Mary	1553 Iuly 6	5 4 22	59 Iuly 6
Elizabeth.	1558 Nouē. 12	44 4 15	84 Nouem. 17
K. Iames.	1602 March. 24	2 0 3	40 March 24
K. Charles.	1625. Mar. 27.	After which, writing 18. yeares.	

A Prognostication.

The explanation of the former Table.

NOte that every King began his raigne, the same time that the next precedent King ended his.

If you desire to know how long it is since the beginning of the raigne of any King, looke how long it is since the ending of the precedent King, and there you shall finde your request.

As for example: If you would know when King Henry the 8 began his raigne, how long he raigned, and also how long it is since his raigne: find first his name amongst the names of the Kings, and searching the row towards the right hand, you shall find he began his raign in the year 1509 the 22 of April, & under the title of the time that he raigned, is 37 yeares, 10 months, and 2 days: And looking forwards in the same rowe, where is 133 yeares Aprill 22 under the title of since his raigne began,

How to iudge what Weather will follow,
by the rising and setting of the Sunne.

The Sunne rising bright and cleare, signifieth a pleasant daye. If he rise fiery red, it promiseth raine: If in his rising hee be thinly overcast with a cloud, it betokeneth foule weather: If the Sun drive the clouds before him into the West, it signifieth faire weather: If at his rising there appeare a circle about him, & continueth away equally, it betokeneth faire weather. Also, if he setteth red, it signifieth faire weather: If at his setting he be of divers colours, or clouds like water, it threatneth raine. If at the rising of the Sun, his beames seeme red, or long, or compassed with red clouds, it signifieth great windes: If at his setting there appeare a thicke mist, or if it raineth in the evening, it threatneth very foule weather to follow. Also, if the Sunne beames be spotted with greene, pale, or blacke, gathered to a cloud, it signifieth raine. The Sun setting cleare without any cloud, signifieth a faire night to ensue. If the circle, or circles about the Sun be cleare, & of no continuance, looke for faire weather: If there be many circles, it signifieth windes: the redder they are, the more vehement winds. If the circles are heere and there broken, and are thicke and blacke, looke for cold wind or snow: Or, if he settle behinde a great black cloud, raine followeth.

How

How weather is foreknowne by the Moone.

If the Moone in the third day of her change, or three daies before her full, or in the midst of the quarter, be found of pure light, nothing encompassing her, the ends direct vp, shee promisseth faire weather: but bent to red color, promisseth winds. The Moone pale, or somewhat blacke or thicke, threatneth raine. When the Moone is sixe dayes olde, marke the tips of her hornes, if they be blunt, it signifieth raine: if sharpe pointed and pricking upwards, great winds. If in the fourth day after her change, she haue a red circle about her, it signifieth winds and raine.

Of the iudgement of the weather by the Stars.

If the Starres appeare of much light, and seeme to be of more brightnesse & blazing then ordinary, it betokeneth great waides & moysture in that part where they seeme to: and in Winter, great frostes. When dimme Starres appeare with long fiery tayles, it threatneth winds, and great drought: the more in number, the greater will be the effect. Also, when Starres seeme to shoot or fall, it signifieth great winds in that place: If they seeme to shoot in diuers places, it signifieth diuers winds: If in all places, winds, thunder, lightning, and most tempestuous weather.

A short Instruction, and very necessarie to know the times and seasons when to Sow, and replant all manner of Seedes for the Garden.

Sow Cabbages in February, March, or Aprill, in the wane of the Moone: and replant them in the Decrease.

Sow Cabbage-Lettuce in February, March, or Iuly, in the old of the Moone.

Sow Onions & Leekes, in February or March, at the wane of the Moone.

Sow Beets in February or March, at a full Moone.

Sow

A Prognostication.

Sow Coleworts white & greene, in the middle of August or September: Plant the young ones in October, and sett them againe in November.

Sow Parnepps in Februarie, Aprill, or Iune, in a fayre day.

Sow Radish in Februarie, Aprill, or Iune, in the increase of the Moone.

Sow Pumpions, Cowcumbers, Mellons, and Courdes, in February, March, or Iune, in a hottie and fayre day.

Sow Spinage in Februarie or March, in the old of the Moone

Sow Parsely, Fennell, and Amis-leese, in February or March at the full of the Moone.

Sow white Cicory in February, March, Iuly, or August, in a full Moone.

Sow Cardus-benedictus in February, March, or May, when the Moone is old.

Sow Bassil in March, in an old Moone.

Sow Parselaine in February, or March, in the increase of the Moone.

Sow Margerann, Violets, Time, flower-gentle, Rosemary, & Lauender, in February, March, or Aprill, at the increase of the Moone.

Sow Garden cresses, and Rocket, in February, at the increase.

Sow Saull in February or March, at a new Moone.

Sow Costander, and Bonage, in February or March, at the Moones increase.

Sow Harts-horne, and Samphire, in February, March, or Aprill, at an old Moone.

Sow Gilliflowers, Hearts-ease, and Wall-flowers, in March or Aprill, in an old Moone.

Sow Cardus, and Artichokes, in March or Aprill, when the Moone is old.

Sow Chick-weed, in February or March, at the full of the Moone.

Sow Burnet in February or March, at an old Moone.

Sow Hlop and Sarey in March, when the Moone is old.

Sow double Marigolds in February or March, at the increase of the Moone.

Sow Larkes-foote, Spargess, and Sperage, in February, in an old Moone.

White. 1642.

Sow white Poppy, and Palma Christi in February or March, at the increase of the Moone.

Sow all manner of Corne the Moone increasing, he being in Cancer, Libra, or Aquarius.

Sow or sow all kind of Seede the Moone in Aries, Taurus, Cancer, Virgo, Libra, Capricorne, Aquarius, or Pisces: but those Seedes whose Rootes are round, should be sown three or fouer dayes before, or after the full Moone.

Certaine and short Rules, for the comforting of the chiefe officiaall Members of the Body of Man.

Things which are good to comfort the Head.

Lignum-Aloes, Marjoram, Galltengale, Muske, Rosemary, Roses, Camomell, Rue, Frankincense, Nutmegs, Mylop, Balme, Mints, Spike, and Claden.

Things good for the Eyes.

Fennell, Cereus, Cloves, Cold water, Celendine, Eyebright, Rose, and Agrimony.

Things good for the Stomacke.

Nutmegs, Cloves, Dillgaine, Corall, Saffron, Nutmes, Wormewood, Oshamun, Agrimony, Funefory, Malicke, Lignum-Aloes, Spodium, and Coriander prepared.

Things good for the Heart.

Saffron, Cloves, Shamon, Pace, Nutmegs, Marjoram, Burage, Buglosse, Rosemary, Mirabolanes, Pearles, Lignum-Aloes, Corall, Muske, and Setwell.

Things good for the Liver.

Uterwort, great Raysons, Wormewood, Agrimony, Saffron, Cloves, Cardue, Violets, Fennell, Plantaine, Dragons, Rosewater, Lettuce, Violets, Sanders.

Things good for the Lungs.

Licoris, Raisons, Almonds, Dates, Lungwort, Myrdenhalles, Elicapane, Pistaces, and Benedies.

C

Things

A Prognostication

Things hurtfull for the Body.

Meates hurtfull to the Teeth.

Nettes, Meates very hot, Salamine drinke, Sweete meates and drinckes, Radish rootes, Hard meates. Bitter meates, Milke, much Vomiting, Leches, Fatte of Fish, Colworts, & Limmons.

Things hurtfull to the Eyes.

Garlicke, Onions, Radish, Drinke melle, Letcherie, Sweete and thicke Meates, Salt meates, Coleworts. all Dulle, Dust, Wine, Dust, Smoake, Fire, and reading presently after supper.

Rules of Mensuration.

A Fingers bredth is foure Barly comes in thicknes; and an Inch thre Barly comes in length: A hands bredth foure fingers: A span is thre hands bredth: A foot is foure hands bredth: A Geometricalle Pale is five foot: an English Peache is xvi. foot $\frac{1}{2}$. A Furlong is a hundred & twenty five paces, or six hundred twenty and five foot: An English furlong is six hundred and threescore foot, or a hundred thirtie two paces: A League is a thousand and five hundred paces: An Italian Mile is a thousand paces, or eight Furlongs: A common German Mile is thirtie two Furlongs. An English Mile is eight Furlongs: An Acre is fortie Peaches in length, and foure in bredth.

A short Instruction for the Table following.

Note that the first Colunne of Row, containeth the Names & number of Shires, the second of Cities, the third of Bishoprickes, the fourth of Castles, &c. Now goe straight in a line, as you shall easily finde the number Alphabetically, as well for the English as for the Welsh shires: As for example, Buckinghamshire hath no Cite, no Bishopricke, 11. Market Townes, 40. Castles, 185. Parishes, &c.

White. 1642.

A Catalogue of all the Shires, Cities, Bishop-
rickes, Market-Townes, Castles, Parishes,
Riuers, Bridges, Chafes, Forrests, and Parkes,
conteyned in euery particular Shire
in the Kingdome of England.

Shires.	Cities.	Bishop- rickes.	Market- townes.	Castles.	Par. hes.	Riuers.	Bridges.	Chafes.	Forrests.	Parkes.
Barke shire.	0	0	11	2	140	3	7	0	1	13
Bedford shire.	0	0	10	0	116	1	6	0	0	12
Buckingham shire.	0	0	11	0	185	2	14	0	0	15
Cambridge shire.	0	1	0	0	163	1	7	0	0	5
Cheshire.	1	1	9	3	68	9	19	0	2	18
Cornwall.	1	0	23	6	161	7	31	0	0	9
Cumberland.	0	1	8	15	58	20	33	0	3	84
Darby shire.	0	0	8	4	106	13	21	0	1	33
Deuon shire.	1	1	40	3	394	23	106	0	0	22
Dorset shire.	1	0	18	6	248	4	29	1	2	11
Durham.	0	1	31	4	62	11	20	0	0	26
Essex.	1	0	21	1	415	7	28	0	1	19
Glocester shire.	1	1	20	1	180	13	22	1	2	2
Hamp shire.	1	1	18	5	248	4	31	0	4	23
Hartford shire.	1	0	19	0	120	1	24	0	0	23
Hereford shire.	0	1	32	7	176	13	11	1	3	8
Huntington shire.	0	0	5	1	78	1	5	1	1	73
Kent.	2	2	17	8	393	6	14	0	0	20
Lancashire.	1	0	31	6	86	33	24	0	1	33
Lecester shire.	1	0	15	1	200	1	10	0	2	13
Lincolne shire.	1	1	26	2	630	9	15	0	0	12
Middlesex.	2	1	3	0	73	1	3	1	0	4
Northampton shire.	1	1	11	2	326	5	24	0	3	4
Nottingham shire.	1	0	11	0	168	5	17	0	1	8
Northumberland.	0	0	11	12	40	21	16	0	1	8
Norfolke.	1	1	26	0	660	21	15	0	0	0

A Prognostication.

Shires.	C.	Byth.	M.T.	C.	Parri.	R	Br.	Ch	For.	Park.
Oxford shire.	1	1	10	9	208	3	26	9	4	9
Rutland	0	0	2	0	47	0	1	0	0	4
Shropshire	1	0	13	13	170	18	13	0	7	27
Somersetshire	3	2	39	1	385	9	45	0	2	18
Staffordshire	1	1	12	5	130	13	19	1	1	38
Suffolke	0	0	28	1	464	2	32	0	0	27
Sussex	1	1	18	1	312	2	10	0	4	33
Surrie	0	0	7	0	140	1	7	0	1	17
Warwicke shire	1	1	12	1	158	7	21	1	0	16
Wesmoreland	1	0	4	6	26	8	15	0	2	19
Wiltshire	1	1	21	1	304	5	31	1	9	19
Worcester shire	1	1	7	3	152	5	13	1	2	16
Yorke shire	1	1	48	14	563	36	62	4	8	72
Anglesey	0	0	3	0	83	8	2	0	0	0
Brecknockshire	0	0	3	4	70	27	13	0	0	2
Cardigan shire.	0	0	4	0	77	26	9	0	1	0
Carmarthen shire	0	0	6	4	81	20	16	0	1	2
Camaruan.	0	1	5	3	73	17	6	0	0	0
Denbigh shire.	0	0	3	3	53	24	6	0	0	0
Flint shire	0	1	3	4	24	4	2	0	0	2
Glamorgan shire	0	1	7	13	151	16	6	0	0	5
Montgomery sh	0	0	5	3	42	28	6	0	0	0
Monmouth shire	0	0	6	7	142	15	14	1	0	8
Merioneth shire	0	0	3	1	34	26	7	0	0	0
Pembroke shire	0	1	6	5	142	6	7	0	2	3
Radnor shire	0	0	4	5	43	13	5	0	0	0

The Contents, Compas, Length, and Breadth of ENGLAND.

Thus much in Miles whole England it containes; — 34866
 Thus much in Miles will reach about it round; — 1890
 Her length from *Lyzard-point* to *Barwick Straits*; — 334
 Twixt *Dover*, & *Holy-head* the breadth is found; — 250

White, 1642.

A Table to know how many Hower's and Minutes the Moone inneth every Night in the Year.

The age of the Moone encreasing.	The Houres and Minutes that the shiuch.	The age of the Moone decreasing.
	Houres. Minutes.	
1	0 48	29
2	1 36	28
3	2 24	27
4	3 12	26
5	4 0	25
6	4 48	24
7	5 36	23
8	6 24	22
9	7 12	21
10	8 0	20
11	8 48	19
12	9 36	18
13	10 24	17
14	11 12	16
15	12 0	15

The Moone's right shining.

The Moone's right shining.

The use of this Table.

Take the age of the Moone in the Almanack, then look the same in this Table, which you shall find either in the increasing or decreasing, and then in the middle Column you shall without further labour find the time of her shining. As for Example, if you be the 20 day of January, you shall know how many minutes the Moon shiuch; I finde in the Almanack it is New Moone the 16 day: Then reckoning from that day to the 22 day, I finde she is 2 days old: Then entering this Table, it sheweth, she shiuch 1 hower, and 36 minutes: So both be like wile when she is 28 days old, &c.

Times of Marriage prohibited by our
Church, unless they haue a License.

From Aduent Sunday (the 28 of November 1641) till 8
dayes after Twelfe day, being the 14 of Iannary.

From after Septuagesima Sunday (being the 6 of Fe-
bruary) till the 17 of April.

From Monday before Ascension day (being the 16. of May)
till Trinitie Sunday, the 5. of Iune.

The explanation of a new and easie Kalender here
following, for this present Yeare, 1642.

NOte that every Moneth concerneth thre towes or Col-
umnes, (the figures for the number of Dayes excepted) the
first Columne toward the left hand containeth the Weeke Dates
and Sunday Letter. The second, the Signe wherein the Moone
is every day. And the thirde, the Changes and Quarters of the
Moone. Note that by being thus O figured doth signifie the
new Moone: and placed thus X way is the first Quarter: This
● the full Moone; And againe this C the last Quarter. Note
also, that the figures over the head of the Moones, doe signifie
the houre of her Changes; and the Letters underneath, the time
after noone, or after midnight, N. standing for after noone till
Midnight, and M. for after Midnight till Noone.

As for Example, Against the 4. day of Iannary, being Thurs-
day, T L. In the Moone in S, and is thus ● characterized,
which is the full Moone at 1 of the clock in the after noone.

Againe, in the 19. of February being Wednesday, I do finde
the Moone in X and is thus O characterized, which is the new
Moone, at 4 of the clocke in the morning, &c.

Note also, that at the head of every Moneth is placed the ri-
sing and setting of the Sunne for the middle of every Moneth,
As for example, for the middle of Iannary the ☉ Sunne riseth
at 7 of the clock, and 43 minutes, and setteth at 4 of the clock
and 17 minutes, &c.

It also concerneth (on the backe side of the leafe) for every Mo-
neth, the Vole-dayes, and Feasts, both Movable and Im-
movable, with the beginning and ending of every Terme: As,
Twelfeday is on the 6 of Iannary, Easter day on the 10. of
April: Whitsunday is on the 29 of May: Terme begins on the
24 of Iannary, and endeth the 12 of February, &c.

A briete and easie Kalender for this Yeere

1642. which being cut out, is fit to be placed

into any Booke of Accomps, Table-booke, or

other, conteyning the whole Almanacke, in

a short method; By John White.

	January.	February.	March.	April.	May.	June.	July.	August.
	07.43 4.17.	06.46 5.14.	05.50 6.10.	04.51 7.9.	04.47 8.56.	03.47 8.13.	04.12 7.48.	05.4 6.56.
1	a d	d 5	d 5	g m	B 2	e f at g w	e X	
2	B II	e 5	e 5	g m	c 2 at f 2	a w at d X		
3	c II	f 5 at	f 5	B m at	d m 10	g w 5	B m 12	e X
4	d II at	g 5 4	g 5 at	e 2	e m	a w n	c 2 at	f V
5	e 5	h 5	a m 4	d 2	f 2 m	B w	d X m	g V
6	f 5	B m	B m	e m	g 2	c 2	e X	a d at
7	g 5	c m	c 2	f m	a w	d 2 at	f V at	B 8 II
8	h 5	d 2	d 2	g 2	B w	e X 4	g V 6	c 8
9	B m	e 2 at	e m	a 2 at	c 2 at	f X	a V	d II n
10	c m	f m 12	f m	B w	a 2	g V n	B d m	e II
11	d m at	g m	h 2 at	c w	e X	a V	c 8	f 5
12	e 2	a 2 at	a 2	d 2	f X m	B d	d II	g 5
13	f 2	B 2 m	B w	c 2	g X	c 8	e II	a 2 at
14	g m	d w	c w m	f X	a V	d 2	f II	B 2 9
15	a m	e w	d 2	g X	B V	e II at	g 5 at	e 2 0
16	B 2	e 2	e 2	a V	c 8	f II 7	a 5	d m n
17	c 2	f 2 at	f 2	B V at	d 8 at	g 5 0	B 2 0	e m
18	d w at	g 2 4	g X at	c V 12	e 8 4	a 5 n	c 2	f 2
19	e w	a X	h X	g d 0	f II 0	B 5	d 2	g 2
20	f 2	B X m	B V	e d m	g II m	c 2	e m	a m at
21	g 2	c V	c V	f II	a 5	d 2	f m	B m 9
22	a X	d V	d V	g II	B 5	e m	g 2 at	c 2
23	B X	e 8	e 8	g II	c 5	f m at	a 2	d 2
24	c X	f 8	f 8	B 5	d 2	g m 10	B m	e w
25	d V	g 8 at	g II at	c 5 at	e 2 at	a 2	c m	n f w
26	e V at	a II 7	a II 11	d 2	f m 2	B 2 m	d 2	g w
27	f 8 9	B II	B II	e 2	g m	c m	e 2	a 2 at
28	g 8	c 5 m	c 5 n	f 2	a 2 m	d m	f V at	B 2 8
29	a II m		d 5	g m	B 2	e 2	g w 9	c 2
30	B II		e 2	a m	c 2	f 2	a 2 m	d X n
31	e II		f 2		d m		B 2	e V

1937 200 101 1000 21 5113 101 1000 21
 V. Aries, ♈. Taurus, ♉. Gemini, ♊. Cancer, ♋. Leo, ♌. Virgo, ♍.
 ♎. Libra, ♏. Scorpio, ♐. Sagittari, ♑. Capricornie, ♒. Aquarius,
 ♓. Pisces. The ☉ New Moone. The ☾ First Quarter.
 The ☉ Full Moone. The ☾ Last Quarter.
 And B. the Sunday Letter.

Septem.	Octob.	Nov.	Decem.	The Feasts Mooneable and Im- mooneable: With the Termes, &c.
① 6. 4	① 7. 3	① 7. 58	① 8. 13	January.
2 5. 6	2 5. 7	2 4. 5	2 3. 47	Feb. 1. day 1.
3 4. 8	3 4. 8	3 3. 8	3 2. 47	Feb. 6. day 6.
4 3. 9	4 3. 9	4 2. 9	4 1. 47	Feb. 10. day 10.
5 2. 10	5 2. 10	5 1. 10	5 0. 47	Feb. 14. day 14.
6 1. 11	6 1. 11	6 0. 11	6 0. 47	Feb. 18. day 18.
7 0. 12	7 0. 12	7 0. 12	7 0. 47	Feb. 22. day 22.
8 0. 13	8 0. 13	8 0. 13	8 0. 47	Feb. 26. day 26.
9 0. 14	9 0. 14	9 0. 14	9 0. 47	Feb. 30. day 30.
10 0. 15	10 0. 15	10 0. 15	10 0. 47	March.
11 0. 16	11 0. 16	11 0. 16	11 0. 47	April.
12 0. 17	12 0. 17	12 0. 17	12 0. 47	May.
13 0. 18	13 0. 18	13 0. 18	13 0. 47	June.
14 0. 19	14 0. 19	14 0. 19	14 0. 47	July.
15 0. 20	15 0. 20	15 0. 20	15 0. 47	August.
16 0. 21	16 0. 21	16 0. 21	16 0. 47	September.
17 0. 22	17 0. 22	17 0. 22	17 0. 47	October.
18 0. 23	18 0. 23	18 0. 23	18 0. 47	November.
19 0. 24	19 0. 24	19 0. 24	19 0. 47	December.
20 0. 25	20 0. 25	20 0. 25	20 0. 47	
21 0. 26	21 0. 26	21 0. 26	21 0. 47	
22 0. 27	22 0. 27	22 0. 27	22 0. 47	
23 0. 28	23 0. 28	23 0. 28	23 0. 47	
24 0. 29	24 0. 29	24 0. 29	24 0. 47	
25 0. 30	25 0. 30	25 0. 30	25 0. 47	
26 0. 31	26 0. 31	26 0. 31	26 0. 47	
27 0. 1	27 0. 1	27 0. 1	27 0. 47	
28 0. 2	28 0. 2	28 0. 2	28 0. 47	
29 0. 3	29 0. 3	29 0. 3	29 0. 47	
30 0. 4	30 0. 4	30 0. 4	30 0. 47	
31 0. 5	31 0. 5	31 0. 5	31 0. 47	